

Basic Report 11950, Mushrooms, enoki, raw <sup>a</sup>

Report Date:September 29, 2014 06:38 EDT

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1.0 large 5g	1.0 medium 3g	1.0 cup whole 64g	1.0 cup sliced 65g
<b>Proximates</b>						
Water	g	88.34	4.42	2.65	56.54	57.42
Energy	kcal	37	2	1	24	24
Protein	g	2.66	0.13	0.08	1.70	1.73
Total lipid (fat)	g	0.29	0.01	0.01	0.19	0.19
Carbohydrate, by difference	g	7.81	0.39	0.23	5.00	5.08
Fiber, total dietary	g	2.7	0.1	0.1	1.7	1.8
Sugars, total	g	0.22	0.01	0.01	0.14	0.14
<b>Minerals</b>						
Calcium, Ca	mg	0	0	0	0	0
Iron, Fe	mg	1.15	0.06	0.03	0.74	0.75
Magnesium, Mg	mg	16	1	0	10	10
Phosphorus, P	mg	105	5	3	67	68
Potassium, K	mg	359	18	11	230	233
Sodium, Na	mg	3	0	0	2	2
Zinc, Zn	mg	0.65	0.03	0.02	0.42	0.42
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.225	0.011	0.007	0.144	0.146
Riboflavin	mg	0.200	0.010	0.006	0.128	0.130
Niacin	mg	7.032	0.352	0.211	4.500	4.571
Vitamin B-6	mg	0.100	0.005	0.003	0.064	0.065
Folate, DFE <sup>b</sup>	μg	48	2	1	31	31
Vitamin B-12	μg	0.00	0.00	0.00	0.00	0.00
Vitamin E (alpha-tocopherol)	mg	0.01	0.00	0.00	0.01	0.01
Vitamin D (D2 + D3)	μg	0.1	0.0	0.0	0.1	0.1
Vitamin D	IU	5	0	0	3	3

Nutrient	Unit	1 Value Per100 g	1.0 large 5g	1.0 medium 3g	1.0 cup whole 64g	1.0 cup sliced 65g
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0	0.0
<b>Lipids</b>						
Fatty acids, total saturated	g	0.020	0.001	0.001	0.013	0.013
Fatty acids, total monounsaturated	g	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.090	0.004	0.003	0.058	0.058
Cholesterol	mg	0	0	0	0	0
<b>Other</b>						
Caffeine	mg	0	0	0	0	0

**Footnotes**

<sup>a</sup> Ergosterol = 36 mg/100 g.

<sup>b</sup> Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid plus total folate determined microbiologically

<sup>b</sup> Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid plus total folate determined microbiologically

<sup>b</sup> Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid plus total folate determined microbiologically